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Subsection 4.1.4 <b>Hygiene</b> for Licensed Group Child Care Homes, Licensed Child C Centers and License-Exempt Child Care Facilities	Revised May 2008

## HYGIENE

**Caregivers and children wash hands using soap, warm running water, and sanitary hand drying methods** [19 CSR 30-60.060 (1) (B), 19 CSR 30-62.192 (6) (A) and (B)]

- Soap and paper towels shall be furnished at the hand sinks
- Soap and paper towels must be accessible to the children at all times
- Paper towels shall be stored and dispensed in a manner that protects them from splash contamination. A wall-mounted dispenser is recommended but not required.
- Kitchen wiping cloths shall not be used to dry hands
- Hand sinks must always be provided with hot water

### Reason

Proper hand washing techniques help prevent disease. Germs are not killed by hand washing. The germs are flushed away. While the soap lifts the germs from hands, the warm water flushes them away. Scrubbing for 15 to 20 seconds is effective. Scrub between fingers and over back of the hands and wrists. The more soap you use the better, and the longer you scrub, the better. Turn the water off using a paper towel. Using cloth towels more than once for hand drying, will re-contaminate hands. Paper towels help to prevent the hands from becoming contaminated after the hands are washed.

### Correction Time Frame

Soap, running water, and paper towels should be on hand at all times. Correction should be made at time of inspection. Repairing water heaters or water lines to hand sinks, must be done within thirty (30) days, of the date observed.

**Caregivers and children wash hands BEFORE: preparing, serving, eating food, glove use. AFTER: toileting, diapering, assisting with toileting, nose blowing, handling raw food, glove use, cleaning and sanitizing, outdoor play, handling animals, smoking and as necessary.** [19 CSR 30-60.060 (1) (B), 19 CSR 30-62.192 (6) (A) and (B)]

- The caregiver must wash hands whenever there is a change of activity
- Allow 15 to 20 seconds for proper hand washing
- The children must be taught to wash their hands properly and when to wash their hands
- The caregiver and children need to turn off the faucets with a paper towel
- If the caregiver uses plastic gloves during diapering, they must discard the used gloves after each child is diapered and wash their hands
- After being diapered, the child's hands must be cleaned
- The caregiver must wash their hands after each diapering

- Disinfectant gels may not be used in place of hand washing except during outdoor play and on field trips when running water is not available.
- A hand sink with warm running water must be immediately accessible (within 8 feet) to the diapering surface. In new facilities or facilities being remodeled, providers shall not go through a door in order to wash their hands after diapering or while preparing food.
- In an existing facility, if the provider has been previously approved to go through a doorway to wash their hands and is observed not to wash their hands, they will be required to install a sink that does not require going through a doorway.

**Reason**

Frequent and proper hand washing is the single most important act a caregiver can do to protect the health of the children in care. Hand washing prevents the spread of disease. It is critical that the inspector observes hand-washing practices and discusses proper techniques with the provider during the inspection. The inspector should ensure the provider understands the importance of scrubbing the hands with soap and warm running water and using sanitary hand drying methods. If the caregiver does not wash their hands properly after diapering, diseases such as Shigella, and Hepatitis A may be passed through food, drink, other objects or through direct contact. Use of excessive jewelry and long fingernails can also lead to the spread of disease. It is hard to clean under nails and jewelry and disease causing germs are not removed when hands are washed.

**Note: Young children often do not show the symptoms of disease but could still pass the disease through their (stool) feces without anyone knowing. Raw foods are often contaminated with disease causing germs. If the caregiver does not wash the hands after handling these foods, the germs could be passed to cooked foods.**

**Reason**

Hand washing facilities must be installed in a location that is close and convenient to be used when needed. Doors are barriers to timely hand washing. A provider is unlikely to go through a door to wash their hands; therefore new facilities shall not install hand-washing sinks so that they go through it in order to wash hands.

**Correction Time Frame**

Proper hand washing shall be done at all times. A re-inspection may be made at the discretion of the inspector to insure that hands are washed properly and in a timely fashion. Any special circumstance inspection will be done with the approval of the BERL EPHS III.

**Personnel preparing/serving food free of infection or illness.** [10 CSR 30-60.060 (1) (C), 19 CSR 62.122 (1) (G), 19 CSR 20-1.025, 2-201.12 (A)]

- Caregivers with diarrheal illnesses shall not prepare or serve food for the children
- Caregivers with areas of infection or cuts and scrapes on the hands shall wear protective gloves or be prohibited from preparing and serving food

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### **Reason**

Germs such as E.Coli naturally occur in the stomach and bowels of humans. If passed through the stool (feces) to food, illness can occur. There are other types of germs are present in open wounds and cuts and can be passed to the food causing illness. Employees with mild colds may prepare food if strict hand washing and sanitation practices are done.

### **Correction Time Frames**

Any ill employee should not be allowed to prepare food at any time. The employee should be given duties that will eliminate the possibility of food being contaminated or should be sent home. Since caregivers also have close contact with children it is recommended that they not come in contact with children when ill.